

SHALLOW SQUATS

Strengthens the whole leg in a movement pattern that is used when rising from a chair.

Benefits »

- ⦿ Strengthens hip and knee extensors.
- ⦿ Uses an everyday movement pattern as a leg-strengthening activity.
- ⦿ Requires postural stability for balance maintenance.

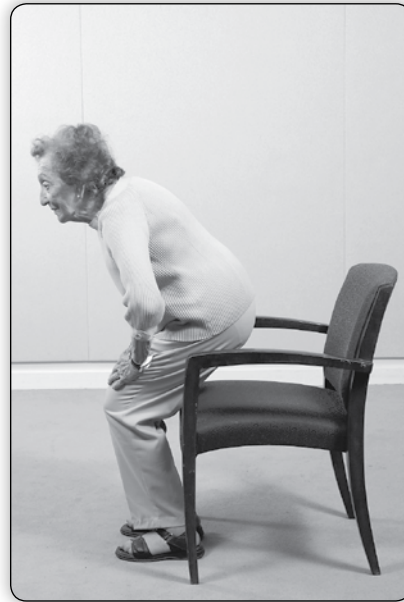
Set It Up »

You will not need any special equipment for this exercise.

How to Do It »

The Start

- ⦿ Participants stand with tall posture in front of a sturdy chair.
- ⦿ Their feet are parallel and shoulder-width apart. Abs are braced.
- ⦿ They can increase balance support by touching the front of the chair with their legs or finger tips.



The Moves

Use the following cues.

- ⦿ Bend the knees and hips; the goal is to lower the hips over the chair. It should look like you're about to sit down. A quarter to half of the way down is a reasonable shallow squat.
- ⦿ If done correctly, the knees will stay over the ankles throughout the squat.
- ⦿ Stand tall again, pushing the hips forward and up.
- ⦿ Repeat 8 to 12 times, as tolerated.

Take It Further »

- ⦿ Increase the repetitions, up to 15, if able.
- ⦿ Hold a moment in the lowered position.
- ⦿ Encourage a deeper squat.
- ⦿ Use an offset foot position, with feet shoulder-width apart. This position will make the back leg work harder. Instruct participants that their back leg should stay in contact with the chair for better balance.

Give It More Balance »

- ⦿ Focus on standing tall and feeling balanced at top of each rise or repetition.
- ⦿ Lift one arm upward, directly overhead (if possible) with each squat.

Keep It Safe »

It's common for participants to squat in a way that puts their knees forward instead of their hips back. The correct way is hips back over the chair. Do not do these squats if participants are unable to do them correctly. If participants experience any hip, back, or knee pain, check their form. If pain persists, discontinue the exercise.